



Visit Our Website at [www.gobroomecounty.com/senior](http://www.gobroomecounty.com/senior)

## Blaze Your Own Trail!

Our theme for May, which is also Older Americans Month, is 'Blaze a Trail'. Blazing a trail can mean finding a new path, beginning a new undertaking or just doing something different. This edition is full of ideas on how you can blaze your own trail including trying a new hobby, taking a class, going on a hike, joining a club, visiting the library, attending community events, starting a new career, or joining an exercise program.

## Senior Picnic and Fun Fest Save the Date!



Wednesday, June 22<sup>nd</sup>  
10 am – 2 pm  
SUNY

Broome Community College

Activities! Health Information! Music! Information Center will be held inside the ice rink in air-conditioned comfort!

Tickets will be available May 26<sup>th</sup> at all Broome County Senior Centers. See the June issue of the Senior News for the activities schedule. Call the Broome County Office for Aging at 778-2411 for more information.

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Broome County  
Office for Aging



## Free Access to NY State Parks

If you are a New York State resident 62 or older, on any weekday (except holidays), you can obtain:

- Free vehicle access to state parks, boat launch sites and arboretums (except at Walkway Over the Hudson State Historic Park and Earl W. Brydges Artpark State Park)
- Fee reduction to state historic sites and state-operated golf courses.

Simply present your currently valid New York State Driver License or New York State Non-Driver Identification Card. For locations with pay stations, please contact the facility directly for information. For information about facilities where this program is valid, contact the nearest state park, state park regional office or

New York State Parks  
Albany, New York 12238  
518-474-0456  
TTY/TDD through  
711 Relay Service

source: [nysparks.com/admission/golden-park-program.aspx](http://nysparks.com/admission/golden-park-program.aspx)

## Peg Squire "Blazed a Trail" for the Office for Aging

The Broome County Office for Aging was created by the Broome County Legislature in 1973. Peg Bouren Squire was one of the first staff hired after graduating in the first class of the Syracuse All-University Gerontology Center with an MSW and a concentration in Community Organization and Gerontology.

Peg also completed a year's graduate student internship at the forerunner of the Office for Aging, Broome County Health Department's Services for Older Persons. During that time, she created the very first Senior Services Directory and wrote the grant that later received funding for the GROW program, now entitled "Senior Helpers."

During the last 43 years, Peg has worked on a wide variety of projects under 10 different directors. She created the first county-wide Information and Referral Service for seniors and their families which included placing staff at senior centers to allow easy access to information. That initial program grew into the Senior Resource Line. She led OFA's transition from paper filing to a comprehensive computer-based system to track data and provide support to the staff. She was responsible for the first mental health outreach program at senior centers. She also spent several years working with the board of directors to establish the Johnson City Senior Citizen Center.

Peg was always available and willing to do whatever was needed to provide the best services to seniors. But there was one thing she refused to do - be on the staff softball team that always lost to the senior softball team at the Senior Picnic - not because of the losing, but because she would duck any time a ball came near her!

Peg watched the population that the Office for Aging serves change over the years. When she joined OFA, the government's Supplemental Security Income (SSI) program was just starting (1974). Peg remembers that widows, who had never written a check or paid a bill, came to the agency for help. She believes that today's older adults are better educated, have better resources, are computer literate and have a wider array of services available. She also believes the Office for Aging is even more important now as it continues to address the needs of the growing population of older adults.

Peg retired in March and looks forward to spending time with her husband Dick and their dog Tex on the farm where she grew up and continuing their travels across our great country.



Peg Squire's first day of work in 1973.

## Take a Free Class at SUNY Broome

Any citizen of New York State who is 60 years of age or more may "audit" courses at Broome Community College without charge, as long as there is space available. In this context, the word "audit" means these students take the course by attending classes and being exposed to all the work given in class and assigned in the text. They do not have to do the homework or take the examinations, however, and they receive no letter grade or college credit. For more information, call (607) 778-5648.

# OLDER AMERICANS MONTH



BLAZE A TRAIL: MAY 2016

## From the Editor

by Vince Fox

There are so many ways that older adults can 'Blaze a Trail'! I hope you enjoy the articles in this edition that describe ways you can blaze your own trail and some great examples of people who have made big changes in their lives.

After I had been working for over 30 years in Information Technology at IBM, my trail led me to start a new career in the Office for Aging! It's not easy to make a drastic change of careers later in life but I'm living proof that it can be done. I'd like to share some tips that worked well for me and they just may work for you too.

**Volunteer first:** Try volunteering in one or more organizations. It's a great way to learn about what you like, and may not like, and to help others at the same time. The more organizations you learn about, and the more people you meet, the better off you will be in finding a new career that you will be passionate about.

**Write down your goals:** Writing goals, as opposed to just thinking about them, really helps to make them clear in your own mind. It's okay to change your goals – you probably will want to change them as you take the below steps.

**Talk about it:** Talk with family and friends about your goals and your passions in life. Talking with people will help you to think through what you really want and they may boost your confidence by encouraging you to make a change.

**Plan it:** What steps do you need to take to reach your goals? How long might it take? How will you finance your next steps? It's best to write your plan on a piece of paper, or computer.

**Learn about it:** Don't be afraid to go back to school! Changing careers usually means you will need to learn new skills. It's okay for an older adult to take classes!

**Start now!** Changing careers or going back to school is not easy but if you're ready for a change in your life, it's well worth the effort!

## Senior Centers Holiday Closing

All Broome County Senior Centers will be closed on Monday, May 30 in observance of Memorial Day.



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- **ESTATE PLANNING:** Wills, Trusts, Powers of Attorney, and Tax Planning
- **ESTATE ADMINISTRATION:** Probate & Administration, Judicial and Informal Accountings, Surrogate Court Proceedings, Estate Taxes
- **ELDER LAW:** Basic Planning, Asset Preservation, Medicaid Planning, Living Wills and Health Care Proxies, Long-term Care, Guardianships, Planning Insurance, Medicare / Medicaid Advice

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## Downsizing and Decluttering

When you have a house full of stuff and your children don't want any of it, who do you call? Learn more at this month's declutter session, 'Downsizing and Decluttering' on Tuesday May 10 at 3 pm at Broome West Senior Center, 2801 Wayne St., Endwell.

Last month, the speaker from A Family Affair showed how she uses eBay to help sell valuable items. Each month is different. No registration is required and you may attend when it's convenient for you. Call Joan at 778-6206 if you have questions, and mark your calendar every second Tuesday.

## Mother's Day Celebration

Celebrate the mothers in your life on Friday, May 6<sup>th</sup> at participating Broome County Senior Centers. Enjoy a delicious luncheon of fish Florentine or chicken w/cranberry glaze and peach crisp for dessert.



What a wonderful opportunity to honor the women who strive to make a difference in our community and our lives, whether it's your mother, sister, friend or yourself! Treat a woman who has made a positive effect on you, or get your lady friends together for a nice outing.

Lunch is just \$3.25 for people age 60+ and just \$4.25 for people under age 60.

Please call the senior center of your choice to make your meal reservations (phone numbers listed on the back pages of this issue) and to ask what special activities they have planned.

## These 3 Letters Can Save Your Life - "ICE"

Do you have an ICE (In Case of Emergency) contact set up in your cell phone? It is simple to do and it may save your life. In the event that you become unconscious or incapacitated, emergency personnel are able to speak with your emergency contact to get the information they need in a timely fashion. For people with preexisting medical conditions and allergies this information is critical to emergency responders.

In order to add an ICE contact to your cell phone, simply open your address book and create a new entry with the letters ICE before his or her name. Enter any additional information about the contact including his or her relationship to you in the notes field. For example, the entry should read "ICE- John Doe." Be sure to inform your ICE contact of any medications you may be taking and any other useful information they should know in the event of an emergency.

If you would like an ICE card or sticker, many doctor's offices, hospitals and pharmacies provide them at no cost. You can also purchase ICE bracelets or key chains, along with other forms of emergency identification, online.



## Barbecue Chicken Luncheon

Wednesday, May 18<sup>th</sup>  
at local senior centers  
Served around 12:15 pm

Get a jump-start on warm weather fun. Come enjoy a tasty lunch of rotisserie baked chicken, macaroni salad, baked beans and strawberry shortcake for dessert.

Lunch is just \$4 for people age 60+ and just \$5 for people under age 60.

**Bonus Fun!** Celebrate with:

- Live music by David Hores starting at 11 am at the Broome West Senior Center in Endwell.
- Spring Has Sprung, a slide show by Rick Marsi at 12:30 pm at the Eastern Broome Senior Center in Harpursville.
- Play trivia at 10:30 am at the North Shore Towers Senior Center in Binghamton.

Please call the senior center of your choice to make your meal reservations (phone numbers listed on the back pages of this issue).

## New Walking and Hiking Club

Do you enjoy the outdoors? Come to an information meeting to learn about our new walking/hiking group! We will be organizing local walks from the senior centers. Our group welcomes all levels and abilities. The following centers are hosting a special presentation to get your suggestions, glean interests and provide information to help you know if this group is for you. Walking/Hiking enthusiast MaryLou McPhail will share useful tips about proper dress, equipment and supplies to help you prepare for our first adventure.

- ♦ **Monday - 5/2, 12:30 pm**  
Eastern Broome Senior Center,  
27 Golden Lane, Harpursville
- ♦ **Wednesday - 5/11, 11:15 am**  
Broome West Senior Center,  
2801 Wayne St, Endwell
- ♦ **Thursday - 5/26, 10:30 am**  
Johnson City Senior Center  
30 Brocton St, Johnson City

For more information, call the Office for Aging at 778-2411.

## "Y" Blaze a Trail?

As you grow older, an active lifestyle is more important than ever. Regular exercise can help boost energy, help you maintain your independence and manage symptoms of illness or pain. Not only is exercise good for your body, it is also good for your mind, mood and memory.

Janet started coming to the YMCA in October of 2013. Recently widowed and with no family in the area, she was becoming depressed. She stopped leaving the house, stopped working on her garden; she just stopped. In August of 2013, she went to see a doctor due to increasing pain she was experiencing. Janet was diagnosed with depression, high blood pressure and arthritis.

She had two choices - continue living the same way with increasing pain and discomfort or make a change. By speaking with her daughter, she learned about the YMCA's programs for older adults. Janet took the first step in making a change to her life by visiting the West Family YMCA. Since joining the Y, Janet has become more confident in living independently.

What can the Y offer you? The YMCA of Broome County has been serving the community for over 150 years. Water exercise classes offer a low impact workout that is great for sore joints. If you are worried about your balance and fear falling, then check out the Moving for Better Balance class. It uses the principles and movements of Tai Chi to help older adults improve their balance and increase their confidence in doing everyday activities. Starting this spring, the Y will offer Enhanced® Fitness, which is a proven community-based senior fitness and arthritis management program.

It is never too late to take a new path and start something new. Come visit the YMCA for a tour and learn more about what it can offer you.

The Broome County Senior Centers also offer a wide variety of exercise classes - check out page 4 of this publication for a schedule of local events.

## Try Tai Chi

Although falls are not a natural part of aging, they are a leading cause of serious injuries in older adults and can lead to hospitalization, nursing home admission, and even death. Arthritis, heart disease, muscle weakness, vision and balance problems, dementia, and other age-related health problems can increase an older adult's risk for experiencing a fall. But, don't worry because you can prevent falls by trying one of our tai chi classes!

Researchers assigned people aged 60 years and older who had received medical attention for a fall into one of two groups. The first group participated in tai chi classes. Tai chi (pronounced tie-chee) is an exercise practice developed in China hundreds of years ago. It combines certain postures and gentle movements with mental focus, breathing and relaxation. Tai chi can be practiced while you're walking, standing, or even seated. Deep breathing, weight shifting and leg stepping movements are part of the practice. The second group participated in lower extremity training (LET) sessions. Sessions included stretching, muscle strengthening, and balance training.

People in the tai chi group were significantly less likely to experience an injury-causing fall, and their cognitive function improved, as compared to people in the LET group. Even a year after taking the training, people who took tai chi were about 50 percent less likely to experience an injury-causing fall compared to people in the LET group.

For information about Tai Chi classes, call Rita at the Broome County Office for Aging (607) 778-2411.

*- Adapted from materials provided by American Geriatrics Society*

### Upcoming Classes - Tai Chi for Older Adults (Fee for class):

**May 3 – June 23**  
Tues & Thurs, 3 – 4 pm  
First United Methodist Church  
Deposit

**May 5 – June 28**  
Tues & Thurs, 3:15 – 4:15 pm  
Broome West Senior Center  
Contact: Jill Lukach - YMCA  
770-9622 Ext. 401

### Starting May 10

Tues & Thurs 1 – 2 pm and then again from 5 – 6 pm  
Buff Daisy Fitness, Whig Street, Newark Valley, (845) 596-7013



We help people  
stay independent, in  
control, and in touch.

## Home Care

### ■ Personal Care

### ■ Housekeeping

### ■ Family-Style Living in Private Homes

### ■ Elder Counseling

Whether you need a helping hand or are concerned for an aging parent or disabled loved one, we know how to help. Call to learn more about our in-home services or our Family Homes for the Elderly program!

The Family  
& Children's  
Society

*turn to us!*

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and Tioga County United Way

607-772-9776 • [www.familycs.org](http://www.familycs.org)

HEALTH & WELLNESS

Zumba

Based on dance moves choreographed to Latin and international music. Low impact dance aerobics class. There is a \$3 charge for this class.

Mon & Fri	9:30 am	First Ward Senior Center (Binghamton)
Monday	1:00 pm	Eastern Broome Senior Center (Harpursville)
Tuesday	12:30 pm	Johnson City Senior Center
Tuesday	9:30 am	Broome West Senior Center (Endwell)
Thursday	1:00 pm	Broome West Senior Center (Endwell)

Toning & Zumba

Toning exercises using light weights followed by Zumba dance aerobics. There is a \$5 charge for this class.

Wednesday	5:30 pm	Johnson City Senior Center
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Bonesaver Class

A low-intensity class, using light weights to help prevent osteoporosis and improve balance.

Mon & Fri	10:00 am	First Ward Senior Center (Binghamton)
Mon & Wed	10:00 am	Broome West Senior Center (Endwell)
Mon & Wed	2:30 pm	Eastside Congregational UCC (Binghamton)
Tues & Thurs	10:15 am	Northern Broome Senior Center (Whitney Pt)

Beginner Gentle Yoga

Help improve flexibility and strength; allow you to work at your pace and increase as your body begins to adapt. There is a \$3 charge for this class.

Monday	9:30 am	Johnson City Senior Center
Friday	10:00 am	Johnson City Senior Center

Tai Chi

Relieve stress, improve balance, increase flexibility and promote wellness. There is a \$3 charge for this class at JC; at BW there is no instructor, no fee.

Thursday	9:30 am	Broome West Senior Center
Thursday	1:00 pm	Johnson City Senior Center

Line Dancing

Choreographed dance with a sequence of steps done in lines or rows. \$3 charge.

Monday	10:45 am	Johnson City Senior Center
Friday	9:30 am	Broome West Senior Center (Endwell)

Chair Yoga

Postures and movements are very gentle, easy to maintain and adapted to each students' ability. \$5 charge.

Monday	11:00 am	First Ward Senior Center (Binghamton)
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Chair Exercises

Increase flexibility, range of motion and circulation.

Tuesday	8:45 – 9:30 am	Eastern Broome Senior Center (Harpursville)
Tuesday	11:00 am	Deposit Senior Center
Tues & Thurs	11:00 am	Broome West Senior Center (Endwell)
Wednesday	10:30 - 11:30 am	Vestal Senior Center

Chair Dance Party

Tone muscles & increase heart rate in a comfortable, seated position.

Thursday	10:00 – 10:30 am	First Ward Senior Center
Friday	12:30pm	Johnson City Senior Center

Stepping On: A Wellness Program to Prevent Falls.

Gain knowledge and strategies to stay independent and to have a greater awareness and understanding of how to prevent a fall. For more information on classes call Diane at 757-0750 or Donna at 765-4180.

Mondays: May 2 - June 20	1:00 - 3:00 pm	Union Pres. Church, 200 E. Main St., Endicott
Tuesdays: May 3 - June 14	10:00 am - Noon	Eastside Cong. Church, 282 Robinson St., Binghamton

Open Swim & Water Aerobics Classes

First Ward Senior Center is hosting these classes at West Middle School, Highland Ave, Binghamton.

Water Aerobics	Thursday	4:00 - 4:30 pm	West Middle School
Open Swim	Thursday	4:30 - 6:00 pm	West Middle School

Lo-Impact Aerobics

Modified stretches, body movements and routines that improve and tone your body. \$3 charge

Thursday	10:30 am	Johnson City Senior Center
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Sunrise Yoga: Project Baptiste Foundation

Participants must have some type of military affiliation

Wednesday	1:30 - 2:30 pm	Northern Broome Senior Center (Whitney Pt)
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Dancercise

Low impact using simple dance movements set to uplifting music. Movement of joints, muscles & bones. \$5 charge.

Wednesday	9:30 am	Johnson City Senior Center
Thursday	9:45 am	First Ward Senior Center

*\*Complete addresses and phone numbers for all Senior Centers are located on pages 14 & 15*

Exercise Equipment Available Daily at the following Senior Centers:

Broome West Senior Center • Northern Broome Senior Center • First Ward Senior Center • Johnson City Senior Center

EVENTS at the CENTERS

Poetry Group

Mondays at 1 pm (Beginning May 2)

**Johnson City Senior Center**  
**797-3145**

If you enjoy reading and interpreting the meaning of poetry, join us on Mondays at 1 pm!

May Evening Meals

Tues., May 10 & 24, 5-7 pm

**Broome West Senior Center**  
**607-785-1777**

Or dinners are excellent and so is the entertainment: Harpist, Ted Davenport on May 10; “Just Us” with Lisa and Bill on May 24. Reserve by noon the day before.

Spring Rummage Sale

May 12 & 13, 9 am- 1 pm

**Vestal Senior Center**  
**607-754-9596**

You never know what treasures you’ll find at our rummage sale.

Greene Railroad Train Exhibits

Friday, May 20, 10 am

**Northern Broome Senior Center**  
**607-692-3405**

Train lovers’ delight! A display of multiple train sets! While you’re here, enjoy our soup and sandwich bar OR reserve a hot meal by noon, Thurs. May 19.

Evening Meal w/Bruce Huggins

Thursday, May 26, 4:30 pm

**North Shore Towers Sr Center**  
**607-772-6214**

Socialize over dinner and entertainment! Reserve by noon, Wed. May 25.

Evening Meal & Bingo for Prizes

Thursday, May 26, 4 pm (Dinner, 4:30 pm; Bingo 5:15 pm)

**Eastern Broome Senior Center**  
**607-693-2069**

Try your luck at Bingo! Reserve by noon, Wed. May 25.

Mothers’ Day Observance

Friday, May 6, 11:30 am

**Vestal Senior Center**  
**607-754-9596**

Join us for punch, light snacks and festivity! All mothers will receive a free ice cream sundae after lunch and a little gift. Please reserve by noon, Thurs., May 5.



### Johnson City Senior Center

May 24  
Mystery Trip

June 12- 17  
Memorable Michigan & Mackinac Island

June 22  
Forestburg, NY: Anything Goes Musical

December 4-11  
America's Music Cities

### Vestal Senior Center

June 13  
Merry Go Round Theatre & Springside Inn

June 30-July 1  
Amishlands and Sight & Sound (Samson)

September 3-10  
7 Night Cruise on the Norwegian Gem. Visit New York City, Halifax, Nova Scotia, St. John, Bay of Fundy, Portland, Maine, Newport, & Rhode Island. Call Charles DiGiacomo at 625-2855 for details.

## **Meet & Greet Neighborhood Barbecue Chicken Luncheon**

### **When:**

Wednesday, May 18th at Noon

### **Where:**

East Side Congregational United Church of Christ  
284 Robinson St., Binghamton

### **Menu:**

Rotisserie Chicken, Baked Beans, Potato Salad, Strawberry Shortcake

### **Suggested Contribution:**

\$4 (60+), \$5 (under 60)

Space is limited -  
please call 722-1017 to RSVP  
by 1 pm on May 17th.

### **Come and get acquainted!**

*Sponsored by the East Side  
Congregational United Church  
of Christ and the Broome County  
Office for Aging*

### **HAIR @ HOME** Attention Men and Women!

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## **BU Lyceum Program - Free Lecture**

The Binghamton University (BU) Lyceum Program is a lifetime-learning association for adults over 50 years of age. Classes are held during the day and run for four weeks. Most classes have a small fee. Lyceum also sponsors day trips. In addition, themed or ethnic dinners provide opportunities to socialize and sample food.

A free lecture, "Responding to Syrian Refugees", will be presented at St. Vincent De Paul Blessed Sacrament Church, 465 Clifton Blvd., Vestal, NY on Thursday May 5, 2016 at 1 PM. Presenter is Lamis Abdelaaty, Assistant Professor of Political Science at Syracuse University. She will cover ways in which internal and external displacement has developed and how Syria's neighbors, the European Union and the US have responded. The lecture is sponsored by Lyceum and funded by the Pearl A. and Albert E. Mall foundation. It is free and open to the public. Refreshments will be served after the presentation. Reservations are requested by calling Lyceum at 777-2587 or email [Lyceum@binghamton.edu](mailto:Lyceum@binghamton.edu).

More information about BU's Lyceum programs can be found online at: <https://www.binghamton.edu/gse/community-partnerships/lyceum-spring2016-program.html>

## **Vet Center Informational Meetings**

The Binghamton Vet Center and NY State Division of Veterans Affairs are pleased to offer a series of informational meetings entitled: "What every Veteran should know."

**When:** Wednesdays, 5:00 – 6:15 pm

**Where:** Binghamton Vet Center, 53 Chenango St, Binghamton

### **Upcoming topics by date:**

5/18 Disability Claims – Agent Orange update

6/15 Disability Claims – Camp Lejeune water contamination update

Please RSVP to the Vet Center at (607) 722-2393

The Senior News is a monthly publication of the Office for Aging funded by Broome County and the NYS Office for Aging under Title III of the Federal Older Americans Act. Direct mail subscriptions are available for \$10.00 per year by calling 778-2411. This contribution helps defray the cost of printing and postage.

## **Office for Aging Mini-Bus**

Do you want to stay active, be connected to your community and have a convenient way to get around? One great resource is the Office for Aging (OFA) Mini-Bus, a shared ride bus service provided by BC Transit. For those who cannot ride the fixed route buses, the OFA Mini-Bus offers a curb to curb reservation service.

- To ride the bus you need to be age 60 or older and have an Office for Aging ID Card. Call OFA at 778-2411 to have an ID card application mailed to you.
- As you board the bus, an envelope is provided for the suggested donation of \$1.50. No ride will be refused for an inability to contribute.
- All buses are accessible to accommodate those with disabilities.
- The OFA Mini-Bus serves Binghamton, Endicott, Endwell, Johnson City and portions of Chenango Bridge, Conklin, Kirkwood, and Vestal.
- To make a reservation for the bus call 763-8747 between 8:00 AM and 4:00 PM Monday – Friday. Reservations can be made one week in advance and up to the day before the ride.
- To get help making reservations, or to arrange to have someone ride with you the first time, call the "Get There" call center at 1-855-373-4040.

Call OFA at 778-2411 or visit [www.gobroomecounty.com/senior](http://www.gobroomecounty.com/senior) to learn more about OFA Mini-Bus and other transportation options available to seniors in Broome County.

## **CONKLIN SENIOR HOUSING**

1095 Conklin Rd., PO Box 426, Conklin, NY 13748

*Affordable housing for seniors  
55 years of age or older*


Now accepting applications for 1 & 2 bedroom apts  
For more information & application call

Manager, Toni Strick


at (607) 775-1490 or TDD #711







### MARY LOU McPHAIL Blazes a Trail



Broome County resident Mary Lou McPhail exemplifies how a person can explore new interests and inspire others well into their senior years. 80 year old Mary Lou manages the Hiking Lite group for the Triple Cities Hiking Club. Hiking Lite is a new group for people who like to hike at a slow pace. The club welcomes new and tentative hikers who are unsure of their ability. Hikers set their own pace and success is just completing the course, not how fast it was completed.

Mary Lou has volunteered to work with the Office for Aging to organize hikes and walks at the senior centers. She will be speaking at three senior centers in May to garner interest in the Hiking/Walking clubs (see separate article, “New Walking and Hiking Club”).

Mary Lou has kept busy throughout her life and has had many interesting experiences. She recently retired after working 20 years at UHS Home Care as a Registered Nurse but she continues to work a few hours a month as health care remains one of her great passions. She worked with the Alzheimer’s organization facilitating caregiver, patient and family groups. She performed with the Mental Health Players. When her children were younger, she volunteered with the Girl Scouts, Boy Scouts and Gymnastics. Mary Lou has also been involved with helping at-risk and severely disabled children. She enjoys spending time with her family which includes 6 children, 4 step-children, and 13 grandchildren ranging in age from 16 to 28.

Mary Lou loves volunteering and meeting new people. She enjoys learning about the varied backgrounds of the people she meets and hearing their different ideas. Mary Lou is very passionate about accepting changing circumstances. She encourages people to be brave and seek opportunities to step out of their comfort zones and develop additional interests.

Mary Lou started hiking when she was just 73 years old, seven short years ago. She is living proof that it’s never too late to start something new and blaze your own trail!!



### LOUISA ROSS



Louisa Ross received a Lifetime Achievement Award from the First Ward Senior Center at its recent 55<sup>th</sup> Anniversary Celebration. Louisa was thanked by First Ward for her years of hard work and dedication. Congratulations Louisa!

# Seniors

## Running & Walking Festival

2016

Join us for a fun walking, running or wheelchair program at the Vestal Rail Trail this summer! Starting June 13, we will meet Mondays and Fridays at 6:00 pm at the Coal House Café. After each session, relax with refreshments and great conversation. Then, on August 13, join us for our festival of races with plenty of food, awards, finisher medals, T-shirts and more. You can get all of this for only \$10! For more information, call the Office for Aging at (607) 778-2411 or visit <http://www.gobroomecounty.com/senior/healthed>.




### KEN HULL Blazing New Trails in Many Ways




*NYS endangered Michigan Lily,  
photographed by Ken Hull*

From being a microbiologist, to Toastmasters, to professional trainer, to being a graduate student, to writing poetry, to photographing wildflowers in the middle of a swamp, Ken Hull has been blazing new trails throughout his adult life! Ken started his career as a microbiologist in Wilson Hospital and he worked for United Health Services for a total of 43 years. He became an active member of the Toastmasters Club, where his newly learned skills led him to take a new path within UHS. He decided to leave the laboratory after 25 years and he took up training of UHS employees and managers. At age 57, while still working, he went back to school at Elmira College and earned a master’s degree in Adult Education at age 60!

Upon retiring in 2009, Ken pursued two other passions – writing poetry and photography. He joined the Creative Writers Critique Group, which meets twice a month at the Johnson City Library. He has enjoyed writing and sharing his poems. As an amateur photographer, Ken loves to take pictures of wildflowers, especially native species of orchids. His passion takes him all over the Northeast and Canada, sometimes hiking along mountain paths and through swamps to find some endangered species of flowers. Now, that’s blazing a trail!



### JOE TITTI Genealogy Whiz



When he took early retirement from IBM in 1992, Joe Titti did not know it would mean a new start into the world of genealogy. He quickly became a local expert in genealogy, conducting classes, doing research for individuals or researching complete family histories, and even tracing the genealogy of buildings or property ownership. Some research is done on the computer but Joe can be seen prowling municipal clerks’ offices, city and town courthouses, local and distant libraries, and more.

Joe became interested in genealogy because his grandparents emigrated to America from Italy and he wanted to know more about his family’s history. He has traveled there to do the research. Closer to home, in Endicott’s Little Italy, Joe shares his research with the public. His portable showcase of census records shows, street by street, who lived in a house, their occupation and how their families changed over time. He also shows the history of some buildings by documenting the businesses that occupied a location over time. The data tells a story.

Tracing a family tree can be time consuming but Joe says, “The secret is in knowing where the data is and how to ask for it and interpret it. That’s what I teach in my classes.”

### World’s Older Population Grows Dramatically

*NIH-funded Census Bureau report offers details of global aging phenomenon.*

The world’s older population continues to grow at an unprecedented rate. Today, 8.5 percent of people worldwide (617 million) are aged 65 and over. According to a new report, “An Aging World: 2015“, this percentage is projected to jump to nearly 17 percent of the world’s population by 2050 (1.6 billion).

“An Aging World: 2015” was commissioned by the National Institute on Aging (NIA), part of the National Institutes of Health, and produced by the U.S. Census Bureau. The report examines the demographic, health and socioeconomic trends accompanying the growth of the aging population.

“Older people are a rapidly growing proportion of the world’s population,” said NIA Director Richard J. Hodes, M.D. “People are living longer, but that does not necessarily mean that they are living healthier. The increase in our aging population presents many opportunities and also several public health challenges that we need to prepare for. NIA has partnered with Census to provide the best possible data so that we can better understand the course and implications of population aging.”

“An Aging World: 2015” contains detailed information about life expectancy, gender balance, health, mortality, disability, health care systems, labor force participation and retirement, pensions and poverty among older people around the world.

“We are seeing population aging in every country in every part of the world,” said John Haaga, Ph.D., acting director of NIA’s Division of Behavioral and Social Research. “Many countries in Europe and Asia are further along in the process, or moving more rapidly, than we are in the United States. Since population aging affects so many aspects of public life - acute and long-term health care needs; pensions, work and retirement; transportation; housing - there is a lot of potential for learning from each other’s experience.”

#### Highlights of the report include

- America’s 65-and-over population is projected to nearly double over the next three decades, from 48 million to 88 million by 2050.
- By 2050, global life expectancy at birth is projected to increase by almost eight years, climbing from 68.6 years in 2015 to 76.2 years in 2050.
- The global population of the “oldest old” - people aged 80 and older - is expected to more than triple between 2015 and 2050, growing from 126.5 million to 446.6 million. The oldest old population in some Asian and Latin American countries is predicted to quadruple by 2050.
- Risk factors - such as tobacco and alcohol use, insufficient consumption of vegetables and fruit, and low levels of physical activity - directly or indirectly contribute to the global burden of disease.

*source: [www.nih.gov/news-events/news-releases/worlds-older-population-grows-dramatically](http://www.nih.gov/news-events/news-releases/worlds-older-population-grows-dramatically) Report authors: Wan He, Ph.D., Daniel Goodkind, Ph.D., and Paul Kowal, Ph.D.*



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### Sudoku Answers

5	7	2	9	4	1	6	3	8
8	1	6	5	3	7	2	9	4
3	4	9	2	8	6	7	5	1
4	2	7	8	5	3	9	1	6
9	6	3	1	7	4	5	8	2
1	8	5	6	2	9	3	4	7
2	9	4	7	1	5	8	6	3
7	5	1	3	6	8	4	2	9
6	3	8	4	9	2	1	7	5



Thank you to all of our JC Senior Center volunteers! Some are shown here. We were not able to get this picture in time for April’s edition but we are happy to publish it now.

### Super Model at Age 84

Have you heard of American supermodel, actress and icon Carmen Dell’Orefice? At age 84, Carmen is known within the fashion industry as the world’s oldest working model. Just this past year, she was featured on the cover of *New You* Magazine. Carmen is known for challenging society’s idea of beauty and creating her own definition.

*“Today I am in a territory that business considers unmarketable: age and white hair. Slowly however, I started to own that territory little by little because I stood up for age.”- Carmen Dell’Orefice*

<http://a-woman-of-a-certain-age.com/2016/01/icon-carmen-dellorefice/>



... ideas and information for people caring for others.



"They've been wonderful.  
I know the help  
is right there."

**Molly Felczak**

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# Look What's Happening at the Centers!

## BROOME WEST..... 785-3427

2801 Wayne St., Endwell, NY 13760  
**Center Hours:** Mon - Fri, 9:00am - 3:00pm  
**Lunch served at Noon call 785-1777**  
**Breakfast for Lunch:** Mon 10:30am - 12:30pm  
**Sandwich and Soup Bar:** W/Th/F, 11:15 am – 12:30pm

**Weekly Activities:** Exercise classes listed on page 4  
**Daily:** Wii, Cards, Billiards, Shuffleboard  
**M:** Bingo 9 am, Guitar Group 9 am - 12 Noon, Quilting 9-3 pm;  
Chorus Practice 12:45 pm  
**T:** Craft Class 9:30 am (call for schedule); Ping Pong 1-3 pm  
**W:** Bingo 9 am, Scrabble 12:30 pm; Floor Shuffleboard 12:45 pm  
**Th:** Social Connections 1-2:30 pm; USA Ballroom Dance Lessons 7-8:30 pm  
**F:** Bingo 9 am, Craft Class 9:30 am (call for schedule), Ping Pong 1-3 pm

**Special Activities**  
Tues/Thurs starting May 5, Tai Chi for Older Persons, 3:15-4:15 pm.  
Fee \$\$ and registration is required.  
5/2,16 Laughtercize w/Humana, 1 pm  
5/4 Newark Valley Quilters Luncheon, 10 am-2 pm  
5/6 Mother’s Day Observance, 12 pm  
5/9 Special Breakfast: *Belgian waffles w/strawberries*, 10:30 am-12:30 pm  
5/10 Downsize & Declutter, speaker from Estate Solutions, 3-4:30 pm  
Evening Meal (*liver OR halupki/banana cream pie*)  
w/ Ted Davenport, harpist, 5-7 pm  
5/11 Walking/Hiking Tips w/Mary Lou McPhail, 11:15 am  
5/17 Site Council Meeting, 10:15 am  
5/18 BBQ Chicken Luncheon w/Accordionist, David Hores, 11 am  
5/19 Philly Cheese Steak Day w/Marian Tewksbury, guitarist,  
11 am-12:30 pm  
5/23 Special Breakfast: *cinnamon applesauce coffee cake*,  
10:30 am-12:30 pm  
5/24 Evening Meal (*chx cordon bleu/lemon meringue*) w/Just Us  
(Lisa & Bill), 5-7 pm

## DEPOSIT..... 467-3953

14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)  
**Center Hours:** Tues & Thurs, 9:00am - 2:00pm  
**Lunch served at Noon**

**Weekly Activities** (call for info):  
**T & Th:** Cards & Morning Coffee Hour & Puzzle Board 9 am-12 pm;  
Piano Music 10:30 am; Wii  
**T:** Crafts, 10 am; Chair Exercises, 11 am  
**Th:** Chorus 11-12 pm, Wii

**Special Activities**  
Tues. Bingo, 1 pm: 5/3 Nickel; 5/10 Bag; 5/17 Quarter; 5/24 Nutrition;  
5/31 Special Prizes  
5/2 (*Mon.*) Meadow Park: Bingo, 11:15 am; Luncheon 12:30 pm  
5/5 Mothers’ Day Party w/Gary & Patty Holdrege: Broadway Tunes,  
12:50 pm  
5/12 Evening Dining (*liver OR halupki/banana cream pie*) w/ David  
Hores, accordionist, 4:30 pm  
5/17 Aged, Blind & Disabled Program Information, 10 am-12 pm  
Blood Pressure Screening w/Sandy, 11:30 am  
Southern Tier Food Bank (at the fire station), 11:30 am  
5/19 39<sup>th</sup> Anniversary Open House & Luncheon, 10 am-12:30 pm  
Fashion Show, 11 am

### AARP Meeting

AARP #3071 Binghamton meets at the United Methodist Church, 113 Grand Blvd., Binghamton, NY, on the second Wednesday of each month. Next meeting is 1:00 PM, May 11, 2016. There will be a presentation on Essential Oils and Reflexology.

## EASTERN BROOME..... 693-2069

27 Golden Lane, Harpursville, NY 13787  
**Center Hours:** Mon - Fri, 9:00am - 2:30pm  
**Lunch served at Noon**  
**Breakfast:** Tues, 8 - 9:30 am  
**Brunch:** Thurs, 10:30 am – 12:00 pm  
**Sandwich and Soup Bar:** Wed, 11:30 am – 12:30 pm  
**Burger Bar:** Fri, 11:30 am - 12:30 pm

**Weekly Activities:** Exercise classes listed on page 4  
**Daily:** Computers, Coffee Hour, Cards, Shuffleboard, Billiards  
**W:** Stitching/Crafts 9-11 am  
**Th:** Acrylic Painting 9 - 11 am  
**F:** Wii practice/play 12:30 - 1 pm

**Special Activities**  
Mondays: Mobile DMV, 10 am-3 pm (*Closed 12-12:30 for lunch*)  
Thursdays: Bonesaver Exercise Class w/Dawn, 1:15-2:15 pm  
Fridays: Gentle Tai Chi, 9 am  
5/2 Walking/Hiking Tips w/Mary Lou McPhail, 12:30 pm  
5/4 Center Trip to Cooperstown  
5/5,6 AARP Safe Driver Course, 5-8:30 pm  
5/5,19 Bingo, 11:45 am  
5/6 Mothers’ & Ladies’ Day Luncheon w/Troubadour, John Quinn,  
12:15 pm  
5/11 Site Council Meeting, 10:30 am  
5/12 Evening Dining (*liver OR halupki/banana cream pie*)  
w/Dan & Lea, 4 pm  
5/18 Annual Plant Sale, 10:30 am  
BBQ Chicken Luncheon, 12 pm  
Spring Has Sprung w/Naturalist Photographer, Rick Marsi, 12:30 pm  
5/23 Horse Racing w/Bonnie Hill, 10 am  
5/25 Coping With Vision Changes (A.V.R.E.), 12:30 pm  
5/26 Evening Dining (*chx cordon bleu/lemon meringue*) w/Bingo, 4 pm

## FIRST WARD..... 797-2307

226 Clinton St., Binghamton, NY 13905  
**Center Hours:** Mon - Fri, 8:00am - 4:00pm  
**Lunch served at 11:45 am call 729-6214**  
Mondays: Breakfast for Lunch, 10:30 am- 12:30 pm  
(No Reservations Required)

**Weekly Activities:** Exercise classes listed on page 4  
**Daily:** Billiards  
**M:** Bingo 12:30 pm; Texas Holdem 12:45 pm  
**T:** Shuffleboard 9:00 am; Knitting 9 am; Pinochle 12:30 pm;  
Texas Holdem 12:45; Art 1 pm  
**W:** Ceramics 9:00 am; Chorus 9:30 am; Pottery 1:00 pm  
**Th:** Sewing 9:00 am; Mah Jongg 12:30 pm; Art 1:00 pm  
**F:** Ceramics 9:30 am; Dominos 12:30 pm; Texas Holdem 12:45 pm; Art 1:00 pm

**Special Activities:**  
Tuesdays CHOW Produce Sale, 11 am-12 pm  
5/4 Social Club, 1 pm  
5/6 Mother’s Day Luncheon, 11:45 am  
5/9 Scarlet Bonnets, 1 pm  
5/10 Evening Meal (*liver OR halupki/banana cream pie*)  
(please reserve), 5 pm  
5/11 Legal Aid (by appointment), 9 am  
Blood Pressure, 10 am  
5/14 (*Sat.*) Rummage Sale, 9 am-2 pm  
5/16 Brunch (*peanut butter & jelly French toast*), 10:30 am-12:30 pm  
5/18 BBQ Chicken Luncheon, 11:45 am  
5/19 Philly Cheese Steak Day, 11:45 am  
5/26 Chorus Concert, 7 pm

**JOHNSON CITY..... 797-3145**

30 Brocton St., Johnson City, NY 13790  
**Center Hours:** Mon - Fri 9:00am - 4:00pm  
**Lunch served at 11:45 call 797-1149**  
**Hot Lunch (Reservations):** M/W/Th/F  
**Walk-Ins Welcome:**  
**Sandwich & Soup Bar:** Wed/Thurs, 11:45 am - 12:30 pm  
**Breakfast for Lunch:** Tues, 10:30 am - 12:00 pm

**Weekly Activities:** Exercise classes listed on page 4  
**M:** Watercolor Painting 9 am; Bingo 12:30 sales/1:30 play, Knit/Crochet, Poetry 1 pm; Pitch (cards) 1 pm  
**T:** Guitar 9 am; TOPS 9:30 am; Shuffleboard (recreational) 12:30 pm  
**W:** Quilting 9 am; Pinochle, Penny Bingo 12:30 pm; Writers’ Workshop 1 pm; Mahjong 1 pm  
**Th:** Oil Painting, Guitar both at 9 am; Shuffleboard (competitive) 12:30 pm; Meditation 3 pm  
**F:** Watercolor Painting 9 am; Ladies Singing 10 am; Hearts (cards) 11 am


**Special Activities:**  
5/4 Hearing Loss Meeting, 7 pm  
5/10 National Health Care Decision Day, 10:30 am  
5/13 Rummage Sale, 9 am-3 pm  
5/14 (Sat.) Rummage **Bag** Sale, 9 am-1 pm  
5/16 Mind, Body & Soul, 2 pm  
5/17 Red Hat Society Meeting, 6:30 pm  
5/19 Volunteer Appreciation Dinner, 5:30 pm  
5/18 Chicken BBQ Lunch, 11:45 am  
5/26 Walking/Hiking Club w/Mary Lou McPhail, 10:30 am

**NORTHERN BROOME ..... 692-3405**

12 Strongs Place, Whitney Point, NY 13862  
**Center Hours:** Mon - Fri, 9:00am - 3:00pm  
**Lunch served at Noon**  
**Sandwich and Soup Bar:** Mon-Fri 11-12:30 pm  
**Breakfast for Lunch:** Thurs 10-12:30 pm

**Weekly Activities:** Exercise classes listed on page 4  
**M:** Horse Racing (1<sup>st</sup>/3<sup>rd</sup>) 10 am; Bingo 10:30 am; Pinochle 12:30 pm  
**T:** Computer Class 8:30; Osteo Exercise 10 am; Quilt/Sewing Class 10 am-3 pm  
**W:** Shuffleboard 10 am; Bunko (dice game), 12:30 pm  
**Th:** Wii Bowling, Osteo-Exercise, Pitch (cards) 10 am; Blood Pressure Testing (1<sup>st</sup>/3<sup>rd</sup>) 11 am; Bridge Card Group 12 pm; Crafts w/Denise, 12:30 pm  
**F:** Bingo, 10:30 am

**Special Activities:**  
5/2,16 Horse Races, 10:30 am  
5/3 Kentucky Derby Hat Day, 11 am  
5/6 Mother’s Day Luncheon, 11 am  
5/10 Evening Dining (*liver OR halupki/banana cream pie*) w/Orange Blossom Special, 4:30 pm  
5/11 Community Supported Agriculture w/Kate (CSA farm share), 11:30 am  
5/13 Movie of the Month: “A Shine of Rainbows,” 12:15 pm  
5/18 BBQ Chicken Luncheon, 12 noon  
5/19 Philly Cheesesteak Day, 11 am-12:30 pm  
5/20 Greene Railroad Train Club, 10 am  
5/23,24 AARP Safe Driver Course, 10 am-1:30 pm  
5/24 Evening Dining (*chx cordon bleu/lemon meringue*) w/Bingo, 4:30 pm  
5/27 Memorial Presentation by the American Legion, 11 am



***My mother was the most beautiful woman I ever saw.  
All I am I owe to my mother. I attribute all my success  
in life to the moral, intellectual and physical education  
I received from her.***

George Washington

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**NORTH SHORE..... 772-6214**

24 Isbell St., Binghamton, NY 13901  
**Center Hours:** Mon - Fri 10:00am - 2:00pm  
**Lunch served at Noon**

**Weekly Activities:**  
**Daily:** Coffee 8-11 am, Games and Cards  
**M:** Bingo 10-11 am  
**Tu:** Fitness 10-1:30 am; Wii Bowling 10:30–11:30 am; CHOW 12:30-1:30 pm  
**Th:** Fitness 10-11:30 am  
**Fr:** Wii Bowling 10:00 - 11:30 am

**Special Activities:**  
5/4 Yahtzee, 10 am  
5/5 Cinco De Mayo Burrito & Fresh Fruit, 11 am-12:30 pm  
(No reservations required!)  
5/6 Mother’s Day Observance, “Finish that Quote,” 10:30 am  
5/11,25 Craft Corner, 10:30 am  
5/12 Philly Cheese Steak Day, 11 am-12:30 pm  
(No reservations required!)  
Blood Pressure & Glucose Screening, 11 am- 12 pm  
5/18 Trivia, 10:30 am  
BBQ Chicken Luncheon, 12 pm  
5/26 Evening Meal (*chx cordon bleu/lemon meringue*)  
w/Bruce Huggins, 4:30 pm

**VESTAL ..... 754-9596**

Old Vestal Junior High School Cafeteria  
201 Main St., Box #4, Vestal, NY 13850  
**Center Hours:** Mon - Fri, 9:00am - 2:00pm  
**Lunch served at 11:45am**  
**Sandwich and Soup bar: W/F, 11:45 am- 12:30 pm**

**Weekly Activities:** Exercise classes listed on page 4  
**Daily:** Coffee Klatch, Cards, Games  
**M:** Walking Group 8 am  
**T:** Pinochle 9:30 am  
**W:** Walking Group 8 am; Crochet/Knitting 9:30 am; Computer Instruction 10 am; Chair Exercises 10:30; Oil Painting 1-3 pm  
**Th:** Bingo (1st & 3rd) 10:15 am; Ice Cream Day 12:00 pm; Bridge Group 1-3 pm  
**F:** Walking Group 8 am; Mahjong 9:30 am

**Special Activities:**  
Mondays/Thursdays: Tai Chi, 10-11 am  
Tuesdays: Cornell Cooperative Extension, 10 am  
5/4 Blood Pressure Check, 10:30 am  
5/2,16 Beulah Rebekah Lodge #115, 12-1:30 pm  
5/5,19 Bingo w/Brad, 10:15 am  
5/6 Mother’s Day Observance (*ice cream sundaes for dessert*), 11:30 am  
5/12,13 Rummage Sale, 9 am-1 pm  
AARP Safe Driver Course, 10 am-1:45 pm  
5/16 Breakfast for Lunch (*breakfast sandwiches*), 11:30 am-12:30 pm  
5/18 BBQ Chicken Luncheon w/Sizzle (music variety), 11:30 am  
5/20 Pizza Day *OR* Chef Salad (please reserve), 11:45 am  
5/24 Vestal Senior Club Meeting, 12:45 pm  
5/27 Craft Day, 10:30 am



# MEET, GREET & EAT

*May Menu - Bon Appétit!*

<b>MONDAY</b> (Breakfast for Lunch @ BW, FW Senior Ctrs)	<b>TUESDAY</b> (Breakfast for Lunch @ JC Senior Ctr)	<b>WEDNESDAY</b>	<b>THURSDAY</b> (Golden Griddle @ EB) (Breakfast for Lunch @ NB Senior Ctr)	<b>FRIDAY</b>
<b>Tuna Noodle Casserole</b> 2 Stewed Tomatoes Cauliflower Fruit Cocktail	<b>Vegetable Omelet</b> 3 <b>OR Sausage w/Peppers &amp; Onions</b> Baked Potato Tossed Salad Bread Pudding w/Raisins	<b>Roast Turkey w/Gravy</b> 4 Mashed Potatoes Country Blend Vegetables Sherbet Cup	<b>Vegetable Lasagna</b> 5 Italian Blend Vegetables Tossed Salad Fruited Gelatin	<b>Mother's Day Observance</b> <b>Fish Florentine</b> 6 <b>OR Chicken w/Cranberry</b> Brown Rice Pilaf Monte Carlo Blend Veg. Peach Crisp
<b>Chicken ala King</b> 9 <b>Over a Biscuit</b> Baby Carrots Grape Juice Sugar Cookie	<b>Beef Stroganoff</b> 10 <b>Over Noodles</b> Baby Beets Peanut Butter Brownie	<b>Halupki</b> 11 <b>OR Chicken w/Pineapple</b> Mashed Potatoes Tossed Salad Pears	<b>Pierogies</b> 12 Peas Carrot Raisin Salad Tropical Fruit	<b>Beer Battered Fish</b> 13 <b>OR Salisbury Steak</b> Mashed Potatoes Broccoli Reduced Sugar Strawberry Pudding
<b>Baked Ziti Parmesan</b> 16 Sausage Soup Apricot Halves	<b>Liver w/Onions</b> 17 <b>OR Chicken Marengo</b> Mashed Potatoes Peas Cinnamon Applesauce	<b>BBQ Chicken Luncheon</b> <b>Rotisserie Chicken</b> 18 Macaroni Salad Baked Beans Strawberry Shortcake	<b>Roast Beef w/Gravy</b> 19 Mashed Potatoes Monte Carlo Blend Veg. Chocolate Pudding	<b>Broiled Fish w/Lemon</b> 20 <b>OR Honey Lime Chicken</b> Parmesan Rice Pilaf Winter Squash Ice Cream Cup
<b>Herb Baked Chicken</b> 23 <b>Breast</b> Baked Potato Spinach Tropical Fruit	<b>Pub Burger</b> 24 <b>OR Egg Salad Sandwich</b> Cream of Broccoli Soup Pineapples & Mandarin Oranges	<b>Grandma's Meatloaf</b> 25 Chantilly Potatoes Country Mix Vegetables Chocolate Cake w/Vanilla Frosting	<b>Roast Turkey w/Gravy</b> 26 Mashed Potatoes w/ Gravy Broccoli Fluffy Gelatin Salad	<b>Breaded Fish</b> 27 <b>OR BBQ Chicken Breast</b> Macaroni & Cheese Coleslaw Oatmeal Cookie
<b>Centers Closed</b> 30 <b>In Observation of</b> <b>Memorial Day</b>	<b>Macaroni &amp; Cheese</b> 31 Stewed Tomatoes Cauliflower w/Parsley Banana	<b>Ham w/Raisin Sauce</b> 6/1 Scalloped Potatoes Red Cabbage Supreme Pineapple Upside Down Cake	<b>Pub Burger OR</b> 2 <b>Honey Mustard Chicken</b> Red Potato Salad Tropical Fruit Apple Crisp	<b>Potato Crusted Pollack</b> 3 <b>OR Chinese Pepper Steak</b> Mashed Potatoes Country Blend Vegetables Pumpkin Cookie

At all Broome County Senior Centers. Age 60+ – **\$3.25**; Under Age 60 – **\$4.25**. **Reservations are needed by noon the day - before.** Menu subject to change. For more information or the telephone number of a senior center near you, call 778-2411.

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# Sudoku

Each Sudoku Puzzle has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3x3 square.

Answers on Page 7

	7			4			3	
8						2		
	4		2	8				
4	2	7					1	
		3			4			2
				2	9		4	7
2		4	7			8		
			3		8	4		9
6		8					7	

## Senior News Editorial Policy

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